



Gnocchi Bake

with Courgette, Mushroom & Sage and Rocket Salad



HELLO SAGE

According to medieval tradition, growing sage in the garden would bring prosperity to the household.



Chestnut Mushrooms



Courgette



Garlic Clove



Sage



Gnocchi



Panko Breadcrumbs



Olive Oil for the Crumb



Hard Italian Cheese



Lemon



Crème Fraîche



Water



Rocket



Olive Oil for the Salad

30 mins

3 of your 5 a day

Veggie

Pan-frying gnocchi brings a whole extra dimension to these pillowy little dumplings. The golden, crispy exterior provides a beautiful contrast with today's creamy sauce.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Large Frying Pan**, **Measuring Jug**, **Ovenproof Dish** and **Large Bowl**. Now, let's get cooking!



1 PREP THE VEGGIES

Thinly slice the **chestnut mushrooms**. Remove the top and bottom from the **courgette**, halve lengthways and chop into 1cm cubes. Grate the **garlic** (or use a garlic press). Pick the **sage leaves** from their stalks and roughly chop (discard the stalks).



2 FRY THE GNOCCHI

Put a glug of **oil** in a large frying pan over medium-high heat. Once hot, add the **gnocchi** to the pan and fry until golden brown and crispy, 8-10 minutes. Remove from the pan and set aside.



3 MIX THE CRUMB

Meanwhile, combine the **panko breadcrumbs**, and the **olive oil** and the **hard Italian cheese** in a small bowl, then set aside. Zest and halve the **lemon**.



4 COOK THE VEGGIES

Add the **mushrooms** to your (now empty) frying pan and return it to medium-high heat. Add a glug of **oil** if the pan is dry. Cook, stirring occasionally, until golden brown, about 5 mins. Next, add the **courgette** and cook for 4-5 mins. Add the **sage** and **garlic** and cook until fragrant, another 1-2 mins.



5 MAKE THE SAUCE

Preheat your grill to high. Return the **gnocchi** to the pan and remove it from the heat. Add the **crème fraîche**, a pinch of **lemon zest** and the **water** (amount specified in the ingredient list). Season with **salt** and **black pepper**, add a squeeze of **lemon juice** and stir to combine.



6 FINISH AND SERVE

Transfer the **gnocchi** and **sauce** to an ovenproof dish. Sprinkle over the **crumb mixture** and finish with a good grind of **black pepper**. Grill until golden brown on top, 2-3 mins. Put the **rocket** in a large bowl. Drizzle over the **olive oil** (amount specified in the ingredient list), add a squeeze of **lemon juice**, season with **salt** and **pepper** and toss well. Serve your **gnocchi bake** on plates with the **rocket** on the side. **Enjoy!**

2 PEOPLE INGREDIENTS

Chestnut Mushrooms, sliced	1 punnet
Courgette, chopped	1
Garlic Clove, grated	2
Sage, chopped	1 bunch
Gnocchi 1)	1 pack
Panko Breadcrumbs 1)	30g
Olive Oil for the Crumb*	1 tbsp
Hard Italian Cheese 7)	40g
Lemon	1
Crème Fraîche 7)	1 small pot
Water*	100ml
Rocket	1 bag
Olive Oil for the Salad*	1 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	832	124
(kJ)	3472	517
Fat (g)	36	5
Sat. Fat (g)	16	2
Carbohydrate (g)	100	15
Sugars (g)	8	1
Protein (g)	27	4
Salt (g)	4.17	0.62

ALLERGENS

1)Gluten 7)Milk

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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